

Frostbite and Hypothermia





Hypothermia (abnormally low body temperature) and frostbite are both dangerous conditions that can happen when a person is exposed to extremely cold temperatures.

Hypothermia

Hypothermia can also happen at cool temperatures (above 40°F) if a person is wet and becomes chilled. Common signs of hypothermia include:

- Shivering and fumbling hands.
- Low energy/exhaustion.
- Confusion and memory loss.
- Slurred speech.

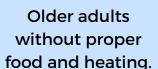
Frostbite

A victim is often unaware of frostbite because frozen tissue is numb, usually extremities like the nose, ears, cheeks, chin, fingers, and toes. Signs of frostbite include:

- Redness or pain, especially on exposed skin.
- White or grayish-yellow skin area
- Skin that feels unusually firm or waxy.
- Numbness.

The people in the highest risk groups include:







People who stay outdoors for long periods of time (hikers, hunters, homeless, etc.).



People who drink alcohol in excess or use illicit drugs.



Babies sleeping in cold rooms.

If a person's temperature drops below 95°F get medical attention immediately.

Information from the Centers for Disease Control and Prevent. Learn more at cdc.gov